

THE LAC COURTE OREILLES ELDERS CORNER

"News by Elders, for Elders, about Elders"

Published the first Wednesday of every month.



SPONSORED BY: LCO ELDER'S ASSOCIATION

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NEWS FROM THE LAC COURTE OREILLES ELDERS COUNCIL

Darryl Coons, Chair 715/945-2660

Faith Smith, Secretary 715/634-1599

Elder Council Meeting, October 2, 2015

The meeting was called to order at 10:10 am by Chair, Daryl Coons. Present were Vernon Martin, Marie Kuykendall, Dewey Isham, Lorraine Smith, Deanne Martin and Faith Smith.

Dewey moved to accept the minutes of the September 19th meeting, seconded by Vernon and passed unanimously.

It was suggested we suggest to the TGB that the telephone answering machine be changed when offices are closed when the tribe closes during the normal work week. Several elders called when the tribe was closed for Treaty Day and did not know why no services were available.

There was also discussion about the Elder Protection Ordinance. It cannot be implemented until funds are received to hire someone to work through the necessary operational procedures with the Tribal Court, Elder Center and other internal offices.

Reports from TGB meeting monitors. There was discussion about the large community effort launched in New Post to find the missing girls in New Post. Everyone was much relieved when they were found safe. The Comprehensive Community Services application is being completed by the Grants Department. The Waiver Committee had hoped to have this application complete by November 1st but that will clearly not occur. WOJB is badly in need of a new transmitter which will cost about \$800,000. Mark Montano described the use of a new grant to thoroughly clean houses vacated by former residents who manufactured meth. The residue left on these homes can impact the health status of new residents so they must be cleaned. He also described an impending self-help housing program slated to begin at LCO in the near future. This will be a difficult program to carry out. A concern was raised by a member of Big Drum. Big Drum held a service for a deceased member and was surprised to find out that a charge was submitted by Pineview for services not provided at that facility. It will be investigated. There are currently five insurance claims filed by the tribe. Three of them are due to human error.

Firewood Policy. Terrance Manuelito presented a tentative policy and plan to provide firewood for elders unable to pay. The Elder Council discussed the proposal and was in full agreement that this was needed. He

also reported that a cost over-run in one of the Elder Center budgets was taken from elder benefits reducing the amount of funds available to elders. Terrance will speak to Steve to get this situation corrected. In a subsequent conversation with the TGB, they agreed that this was improper.

Membership Meeting. It was suggested that presenters be given a time limit and that all directors be mandated to attend. The meeting was interesting but got a little raucous toward the end.

The Elder Council discussed the Ogichidaa Project including the collection of names for the LCO Veterans' Registry and trips to gather information about Native museums and Native veterans. Rick St. Germaine discussed the lack of funds for a veterans powwow. He was asked what other efforts were made to secure funds but it did not seem that anything had been done. Dewey mentioned that Amvets should be approached for a contribution.

Dewey moved to adjourn the meeting at 12:15 pm, seconded by Faith and passed unanimously.

LCO Assisted Living – Profit and Loss Analysis

In 2014, the LCO Grants Department hired a consultant (Apara) to complete a preliminary assessment of the financial viability of an assisted living facility. The report suggested that the tribe plan for a continuum of care for elders to include Supportive Home Care, Adult Day Care and Assisted Living.

Several options were suggested in regard to Assisted Living:

- A certified RCAC (Residential Care Apartment Complex) which is investigated every 2 years to assure that elder residents' needs are being addressed;
- A Community Based Residential Facility, a place inhabited by 5 or more persons wherein supportive services and monitoring are provided; and
- Adult Family Home, a family which takes in an elder and assures that the needs of the elder are being addressed.

The analysis assumes that the tribe will build a facility of some kind. Once a facility is constructed, the report suggests that the number of residents required to make such an operation viable is 14. We have all of the pieces of a continuum of care for elders provided through the Health Center and the Elder Center. They could be better coordinated to improve care. We also have general agreement among tribal government officials that assisted living would improve the quality of life for some elders. We don't have a facility and we don't have a focused effort from tribal staff and volunteers to get the job done. Let's get moving!

Grant me the strength to keep my heart open this week...
To forgive and let go...to acknowledge my patterns of stress
And to release them...to be present, mindful and kind.

ELDER CENTER NEWS

MARY WOLF, DIRECTOR (715) 957-0027
TERRANCE MANUELITO, BENEFITS COORDINATOR (715) 957-0077
CAROL HAMBLIN, ADRS (715) 957-0076
CLARA JALOWITZ, NUTRITION PROGRAM (715) 865-3379

Judicare – Sunshine LeMieux, Attorney from the WI Judicare Indian Law Office, will be at the LCO Elder Center in Reserve on Friday, November 13 from 9:30 am to 12:30 pm. She will be available to meet with elders regarding wills, advance directives, Medicare, Medicaid, or Social Security. Please mark this on your calendars if you would need to see her.

The Sobriety Friday Celebration will be held on Friday, November 6th starting at 6:30 pm in the Peter Larson room at the Tribal Office.

Shopping Trips for Elders! – *Sign up by calling Carol at (715) 957-0076.* The elder bus holds 10-12 elders and there should be plenty of room for shopping bags. Bus will be leaving the Elder Center in Reserve. Lunch will be on your own.

- Tuesday, November 10 – Duluth – 8:00 am to 4:30 pm
- Friday, November 20 – Eau Claire – 8:00 am to 4:30 pm
- Tuesday, December 1st – Rice Lake – 8:00 am to 4:30 pm (or earlier if that's too long)
- Monday, December 7th – Hayward area – 9:00 am to 12:00 noon
- Friday, December 11th – Rice Lake – 8:00 am to 4:30 pm (or earlier)

And for “last minute” shopping, Monday, December 21st – Hayward area – 12:00 noon to 4:00 pm

ADRS - Carol Hamblin will be at the LCO Health Center on November 3rd for National Memory Screen Day from 9:30 am – 2:00 pm. Come establish your baseline and get information on how to improve and preserve your memory health!

She will then be training in Eau Claire on November 6th to learn how we can be a “Dementia Friendly Business” and community.

Carol will be out of the office on the following dates for trainings and meetings: November 9, 10, 13, 18 and 20.

Terrance will also be out of the office for training on November 20th.

Medicare Annual “Open Enrollment Period” runs from October 15 to December 7th. During this time you will want to review your prescription drug plan. We have easy instructions available for anyone who would like to use the “Plan Finder” on his own, or come see us if you would like assistance. (We have 2 computers at the Elder Center for elders to use.) Please pay attention to all notices you receive in the mail from **CMS (Centers for Medicare Medicaid Services)**. The different colored notices have different alerts.

There are some significant changes for this coming year, so if you have been with your Prescription Drug Provider for several years, now is a great time to review your coverages.

For assistance, please call one of the following:

MEDICARE RESOURCES FOR WISCONSIN RESIDENTS

- **Medigap Part D and Prescription Drug Helpline (For people ages 60+): 1-855-677-2783**
- **Disability Drug Benefit Helpline (For people under age 60): 1-800-926-4862**
- **Medigap Helpline (Medicare supplement and Medicare Advantage information for all ages): 1-800-242-1060**
- **Benefit specialists in your county or tribe (Medicare and other benefits issues):**
<https://www.dhs.wisconsin.gov/benefit-specialists/counties.htm>
- **LCO Elder Center 715-957-0077**

Healthy Living with Diabetes – Carol and Mary are in the middle of the 6-week workshop series, in partnership with the Health Center's Diabetes Program, held Thursday afternoons, through November 19th at the LCO Health Center. The participation is wonderful and we are getting calls from people who want to join. We have decided to hold another 6-week session this coming spring and will continue to do that so everyone can have a chance to participate.

LCO Ogichidaa Memorial

Faith Smith

The LCO Elder Council is developing a list of LCO veterans going back as far as possible. We hope to find out the rank, branch of service and honors received by all our veterans. If there are errors in the spelling of names or if you wish to add names not on the list, please call Mona Ingerson (715/865-2238) with the information. Or you may let any of the members of the Elder Council know (Daryl Coons, Lorraine Smith, Vernon Martin, Dewey Isham, Marie Kuykendall, Deanne Martin and Faith Smith).

We are also requesting a copy of the veteran's DD214 if at all possible, which will answer all the information we are wanting to put with their name. The list is at the Tribal office.

Thank you.

CONSTITUTION REVISION

Mona Ingerson

The committee continues to work on the revision. We are currently reviewing Article 1 Section 1 Territory and Section 2 Jurisdiction. Please join us on November 10th at 2:00 p.m. in the Tribal Office.

LCO ELDERS ASSOCIATION MEETING

Mona Ingerson

Our October meeting was made nicer by Nancy decorating the table with lovely fall decorations and each person got a candy treat bag. Thank you, Nancy!

Two members of the TGB attended, Jason Weaver and Joel Valentin; Rose Gokee wore two hats because she is a member of LCOEA and the TGB. It's nice that they attend.

There were 16 members who attended the pontoon ride/lunch at The Landing.

We are now offering a light lunch on Mondays at the college.

Three of the four candidates for Elders Council gave their platforms. Vicky was set to wield the spoon, but elders are quick and to the point – the spoon was not needed.

Amy Nigbor from Hayward Human Services spoke about various forms of Elder abuse.

We adjourned at 12:05 but the meeting continued because Faith asked for suggestions on how to fund the Firewood for Elders Project. There were a lot of suggestions to be presented to the TGB. It will be interesting to see the results since some of the TGB heard the suggestion and the rational.

It was Deanne's lucky day, she won the Early Bird \$10 and the \$17 50/50.

NUTRITIONAL MOMENT

Sautéed Pork Chops with Apples

Serves 4

4 bone-in pork chops	2 teaspoons canola oil	1 tablespoons rub
1 tablespoon canola oil	¼ cup apple cider vinegar	2 cups thin sliced
Granny smith apples	½ cup chicken stock	



Sugar and Spice Rub

In a small bowl, stir together 2 tablespoons packed brown sugar, 2 teaspoons Chili powder, 1 ½ teaspoons salt, 1 ½ teaspoons garlic powder, 1 ½ teaspoons onion powder, 1 ½ teaspoons cumin, ¾ teaspoon cayenne pepper and ¾ teaspoon pepper. Makes ½ cup can store up to three months in airtight container.

Trim the fat and brush with 2 teaspoons oil, sprinkle with rub and rub in on both sides. Cover and chill for an hour. Preheat a large skillet and add 1 tablespoon oil. Cook chops about 10 minutes or 145 degrees. Put chops on a plate and keep warm. Remove skillet from heat and slowly add vinegar, return to heat. Slowly add apples and broth and bring to a boil. Reduce heat and simmer covered about 3 minutes or until apples are tender. Remove apples with a slotted spoon. Bring mixture to a boil again. Boil about 5 minutes or until broth is reduced by half. Add back in the chops and apples to heat through. Serve.

Per serving: 297 cal., 12g fat, 108 chol., 256 sodium, 9g carbs, 35 pro., Exchanges: .5 fruit, 5 lean meat, 1 fat.

MINO DIBISHKAA

HAPPY BIRTHDAY WISHES!

BEST WISHES FROM THE LCO ELDER'S ASSOCIATION!

Delores Beaudin 11/02, Teresa Wolfe 11/02, Steve Robertson 11/06, Leonard Morgan 11/07, Marilyn Potack 11/08, Charles Ackley 11/09, Pamela Martin 11/11, Richard McClain 11/11, Raymond Martin 11/12, Laramie Jockey 11/14, Lone White 11/14, Ernest Guibord 11/18, Lawrence Guibord 11/19, Howard Sharlow 11/19, Susan Assen 11/23, Janice Homesky 11/23,

Beatrice Stewart 11/24, Gary Quaderer 11/25, Gertrude Kingfisher 11/26, Orville Weaver 11/27.

Elder Council Election

Faith Smith

Congratulations to New Elder Council Members!

On October 24th, an election was held and three persons were elected to serve 3-year terms on the Elder Council: Tom Carley (57), Christine Isham (59), and Mona Ingerson (57). Dorothy Froemel Sharon (54) will serve as an alternate. Retiring from the Council are Daryl Coons, Vernon Martin and Lorraine Smith. Each of these members has worked hard to establish the Elder Council and we are very grateful for their dedicated and selfless work.

DID YOU KNOW

Aluminum foil can help loosen up a block of brown sugar. When your brown sugar turns into a brick in your cupboard, wrap it in aluminum foil and put it in a 330 F oven for 5 minutes. Another use is to wrap your celery in aluminum foil, it will keep your celery crisp for a much longer time.

NOTEWORTHY

Mona Ingerson

I received a description of LDF's new treatment center, Gookomis Endaad (Your Grandmother's House). It is a 20-bed facility for persons with addictions. It offers a 45-days treatment with the possibility of adding another 45 days. It sounds amazing. It's mission is to "promote a healthy lifestyle for our relatives by restoring balance and harmony in mind, body and spirit." It promises to provide a mixture of promising tribal healing practices, cultural resources along with western practices. Someone said to me, "Why does Flambeau always make me feel like I missed the bus?" Could the old Halfway House meet this need for LCO? What do you think?

There are more reports from the General Membership meeting. They were inadvertently left out last month. If you saw my desk, you wouldn't be surprised.

JOKES & INTERESTING TALES & STORIES

Seniors' 50 Shades of Grey

After nearly 40 years of marriage, Charlie and his wife were lying in bed . . . Suddenly the wife felt Charlie begin to massage her in ways he hadn't done in quite some time . . .

It almost tickled as his fingers started at her neck, and then began moving down past the small of her back . . . He then caressed her shoulders and neck, slowly worked his hand down, stopping just over her stomach . . . He then proceeded to place his hand on her left inner arm, working down her side, passing gently over her buttock and down her leg to her calf . . . Then, he proceeded up her thigh, stopping just at the uppermost portion of her leg . . . He continued in the same manner on her right sidethen suddenly

stopped, rolled over and became silentAs she had become quite aroused by this caressing, she asked in a loving voice....“Honey, that was wonderfulWhy did you stop . . ?

To which he responded.... “I found the remote !”

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A lady about 8 months pregnant got on a bus. She noticed the man opposite her was smiling at her.

She immediately moved to another seat. This time the smile turned into a grin, so she moved again.

The man seemed more amused. ... When on the fourth move, the man burst out laughing,

She complained to the driver and he had the man arrested.

The case came up in court.

The judge asked the man (about 20 years old) What he had to say for himself ..

The man replied, 'Well your Honor, it was like this: When the lady got on the bus, I couldn't help but notice her condition. She sat down under a sign that said, 'The Double Mint Twins are coming' and I grinned.

Then she moved and sat under a sign that said, 'Logan's Liniment will reduce the swelling,' and I had to smile.

Then she placed herself under a deodorant sign that said, 'William's Big Stick Did the Trick,' and I could hardly contain myself. But, Your Honor, when she moved the fourth time and sat under a sign that said,

'Goodyear Rubber could have prevented this Accident!' ... I just lost it.'

'CASE DISMISSED!!'

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Puppy Size

“Danielle keeps repeating it over and over again. We’ve been back to the animal shelter at least five times. It has been weeks now since we started all of this,” the mother told the volunteer. “What is it she keeps asking for?,” the volunteer asked. “Puppy size!” replied the mother. “Well we have plenty of puppies, it that’s what she’s looking for...” “I know...We have seen most of them,” the mother said in frustration.

Just then Danielle came walking into the office, “Well did you find one?” asked her mom. “No, not this time,” Danielle said with sadness in her voice. “Can we come back on the weekend?” The two women looked at each other, shook their heads and laughed. “You never know when we will get more dogs...Unfortunately, there’s always a supply,” the volunteer said. Danielle took her mother by the hand and headed to the door. “Don’t worry, I’ll find one this weekend,” she said.

Over the next few days both Mom and Dad had long conversations with her. They both felt she was being too particular. “It’s this weekend or we’re not looking anymore,” Dad finally said in frustration. “We don’t want to hear any more about puppy size, either.” Mom added.

Sure enough, they were the first ones in the shelter on Saturday morning. By now Danielle knew her way around, so she ran right for the section that housed the smaller dogs. Tired of the routine, mom sat in the small waiting room at the end of the first row of cages. There was an observation window so you could see the animals during times when visitors weren’t permitted.

Danielle walked slowly from cage to cage, kneeling periodically to take a closer look. One by one the dogs were brought out and she held each one. One by one she said, “sorry, but you are not the one.”

It was the last cage on the last day in search of the perfect puppy. The volunteer opened the cage door and the child carefully picked up the dog and held it closely. This time she took a little longer. “Mom, this is it!” I found the right puppy! He’s the one! I know it!” she screamed with joy. “It’s the puppy size!”

“But it’s the same size as all the other puppies you held over the last few weeks.” Mom said. “No not size...the sighs...When I held him in my arms, he sighed.” She said. “Don’t you remember? When I asked you one day what love is, you told me love depends on the sighs of your heart. The more you love, the bigger the sigh.” The two women looked at each other for a moment. Mom didn’t know whether to laugh or cry. As she stooped down to hug the child, she did a little of both.

“Mom, every time you hold me, I sigh. When you and Daddy come home from work and hug each other, you both sign. I knew I would find the right puppy it is sighed when I held it in my arms,” she said. Then, holding the puppy up close to her face, she said, “Mom, he loves me. I heard the sighs of his heart!”

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Some days you eat salads and go to the gm. Some days you eat cupcakes and refuse to put on pants. It's Called Balance.

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Try being informed instead of just opinionated.

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DATES TO REMEMBER:

November 6 – Sobriety Friday 6:30, Peter Larson Rm., Tribal Office

November 7 – Elders Council 10-12, Loft

- Water Walk Conference 9 a.m., Concert 6 p.m., LCO Ojibwe College

November 10 – Shopping in Duluth

November 12-14 – Mt. Pleasant Ojibwe Museum

November 13 – Sunshine LeMieux, Judicare 9:30-12:30, Elder Center

November 19 – Feast of Thanksgiving & Give Away for Elders, LCO Ojibwe College

November 20 – Shopping in Eau Claire

November 25 – Tribal Offices close at Noon

November 26/27 – Tribal Offices closed

December 1 – Shopping in Rice Lake

December 2 – LCO Elders Association Meeting 10:30 Convention Center

December 5 – Elders Council 10 a.m. Lodge Loft

Dancing at the Casino Lounge: Shake a Leg or Tap a Toe

November 29 – 50/50 Band (variety) 2 to 6 p.m. Casino Lounge

SEE YOU NEXT MONTH☺